

WELL AWARE



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Contact DelaWELL

www.delawell.delaware.gov
1-800-556-6106
EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>
1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov
1-800-489-8933 OR (302) 739-8331

DelaWELL's "Early Bird Payment" Is December 14, 2012



- Employees who earned the **DelaWELL Silver Level Reward** (Completion of the online Wellness Assessment + Health Screening) by October 15, 2012 will receive a **\$100 cash incentive** paid in the **December 14th paycheck**.
- State non-Medicare eligible pensioners who earned the **DelaWELL Silver Level Reward** (Completion of the online Wellness Assessment + Health Screening) by October 15, 2012 will have it applied toward their December 2012 pension check.

DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013.

For questions about wellness activities and incentive eligibility, please call the Alere Helpline at (866) 674-9103.

After I Meet The Minimum Purchase Requirements For The Weight Watchers Offerings, What Do I Need To Do Next to Receive Credit Towards The DelaWELL \$200 Gold Level Reward?

Participants must complete and submit the *2012-2013 Weight Watchers® Offerings Reimbursement Form*, located on the DelaWELL Health Portal <https://delawell.alerehealth.com>, once they have fulfilled the DelaWELL Reward purchase requirements (**You must purchase a minimum of 3 consecutive months of Weight Watchers Meetings with Monthly Pass membership (\$36.50 per month) to receive credit towards the Gold Level Reward OR you must purchase a minimum of 6 consecutive months of Weight Watchers Online subscription (\$16.10 per month) to receive credit towards the Gold Level Reward.**) Please be sure to fill in all of the information (incomplete forms will not be processed). Participants must email or fax their completed Reimbursement Form (**along with the required Billing History documentation or Lifetime member card**) to Weight Watchers **by April 15, 2013**, in order to receive credit towards the DelaWELL \$200 Gold Level Reward. Reimbursement Forms received after April 15th will not be accepted.

Credit for participating in Weight Watchers will appear on your DelaWELL Health Portal page (Log onto <https://delawell.alerehealth.com>, then click the "Track Wellness Credits" link located on the left menu under DelaWELL Program Info) approximately 4-8 weeks after your Reimbursement Form is processed and approved by Weight Watchers.

Weight Watchers participants must complete the DelaWELL Online Wellness Assessment and Biometric Health Screening along with the required Weight Watchers purchase to be eligible for the 2012-2013 DelaWELL \$200 Gold Level Reward. All DelaWELL Gold Level Reward amounts will be paid in July 2013.



Earn the 2012-2013 \$100 or \$200 DelaWELL Reward



Program Year: July 1, 2012 through May 31, 2013

A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, DelaWELL Rewards your efforts!¹

Just Getting Started?

Visit the **DelaWELL Health Portal** at <https://delawell.alerehealth.com> to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:

1) Know Your Numbers: Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state January 7 through April 29, 2013. Once logged in, click on the links on the left side of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar and to sign up for an appointment.

2) Get A Plan: Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

3) Join a Program:

- **NEW!** Enroll in a worksite or online **Weight Watchers Program!**² Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to learn more and get started.
- **Or**, actively participate in an Alere **Health Coaching Program or Condition Care Program.**² to get the support and tools you need to make a healthy change or maintain your health. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

DelaWELL Rewards Your Efforts!¹

SILVER LEVEL: Complete Steps 1 and 2 to earn **\$100!**

OR

GOLD LEVEL: Complete Steps 1 and 2 and 3 to earn **\$200!**

DelaWELL Health Portal - <https://delawell.alerehealth.com>

1-866-674-9103

¹ DelaWELL Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 will be paid in December 2012. DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn a reward will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. State non-Medicare eligible pensioners who earn a reward will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

² Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 Gold Level Reward. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants must email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase) to Weight Watchers by April 15, 2013, in order to receive credit towards the DelaWELL \$200 Gold Level Reward.

Register For The Upcoming 2013 DelaWELL University Onsite Health Seminars

The onsite health seminars are offered from 12-1pm and 4-5pm at various locations throughout the state. To register for a seminar date, time and location that is convenient for you, please visit www.delawell.delaware.gov and click on the "DelaWELL University Onsite Health Seminars" link:

- **January 2013 Topic: "Get Moving This Winter: Don't Hibernate, Instead Invigorate Your Life And Health With Physical Activity"**
Don't let the cold weather put a damper on your exercise routine. Regular physical activity, including both aerobic and muscle strengthening activities, is for every season. It can help you control your weight, reduce your risk of heart disease and strengthen your bones and muscles. *Looking for ideas on what to do and how to do it?* Then, this exercise session is for you! Come dressed in comfortable clothes and sneakers and let's get moving together.
- **February 2013 Topic: "Living A Heart-Healthy Life"**
Heart disease is the leading cause of death for men and women in the United States. The good news is you have the power to make healthy lifestyle changes to lower your risk!

Please continue to check the DelaWELL website for more 2013 Health Seminars.



COMING SOON: DelaWELL's "Winter Warm-Up Challenge" (January 14 – February 24, 2013)

BOOST YOUR HEALTH:

Practice healthy habits that support healthy living and weight management!

REACH THE GOAL:

1. Participate in these healthy behaviors to earn up to four points per day:
 - Exercise at least 15 minutes daily
 - Eat 3 servings of fruit and/or vegetables daily
 - Don't skip meals - breakfast, lunch or dinner
 - Limit sweets to 1 serving or less daily
2. Each activity = one point
3. The goal is to earn at least 100 points during the challenge!



Get Started January 14th:

Click on the challenge banner when you visit the DelaWELL Health Portal for more information and/or to log your activities. Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.

**DelaWELL Health Portal – <https://delawell.alerehealth.com>
(866) 674-9103**

Antibiotics – Get The Facts

Antibiotics are the most important tool we have to combat life-threatening bacterial diseases. Yet, due to over-prescribing, inappropriate prescribing and poor patient compliance, the ineffectiveness of antibiotics is increasing.

What Can You Do:

- Only take an antibiotic for a bacterial infection, like strep throat.
- Don't request an antibiotic if your doctor doesn't think one is necessary.
- If prescribed an antibiotic, take it as prescribed and finish out the full treatment, even if you are starting to feel better.
- Only take antibiotics that have been prescribed to you. Don't share or use leftover antibiotics.



Have a question? Get it answered: Call Nurse24 at 1-866-674-9103 to speak with a nurse for FREE. Or, chat with a nurse online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

You + DelaWELL Condition Care Program = YOU, Better!

The DelaWELL Condition Care Program, administered confidentially by Alere, is a health improvement benefit available to you* through the State of Delaware if you have any of these chronic conditions:

- Asthma
- Back pain
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Diabetes
- Heart failure
- Osteoarthritis

Managing any health condition can be difficult, but managing long lasting, chronic conditions can be even more difficult. However, having a chronic illness does not need to keep you from living a full life.



The DelaWELL Condition Care Program is available to give you personal support and information to help you make a positive difference in your life:

- It's personal.
- It's private.
- And it's available at no additional cost to you.

Enroll Now. Call 1-866-674-9103 to get started reaching your goal!

**Available to benefit eligible individuals currently enrolled in a State of Delaware Group Health Plan.*

December 2 – 8 Is National Handwashing Awareness Week: Your First Line Of Defense

Millions of Americans contract illnesses every year due to bacteria on their hands. Once you've come into contact with germs, you can unknowingly become infected just by touching your eyes, nose or mouth. Handwashing may seem trivial, but proper washing is your first line of defense!

Wash like a pro:

1. Use soap and warm water.
2. Scrub all the surfaces of your hands up to your wrists. Lather for at least 20 seconds or enough time to hum the "Happy Birthday" song twice – or sing it out loud if you want.
3. Rinse thoroughly.
4. Dry your hands. Don't leave them wet or damp.



Stay healthy this season. Count on Nurse24 for immediate expert advice on everything from preventive tips to treatment advice when you or your family does become ill. You can talk to an experienced nurse day or night, seven days a week, 365 days a year. It's like having your own nurse on call. Call 1-866-674-9103 or chat with a nurse online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

DelaWELL Health Coaching Is Ready To Help

Whether your goal is to lose weight, eat healthier, be active, gain energy, reduce stress or feel better, DelaWELL Health Coaching is here for you!

Through this free and confidential service, administered by Alere, you get unlimited access to your very own personal health coach. Your coach can help you find ways to reach your health goals. Get advice from your coach by phone, secure email or online chat. **Call 1-866-674-9103 today or visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to enroll.**





Motivation Station: Employee Spotlight

"I finally made the decision that enough was enough! My health and future were in my hands and the only person that could change it was me."

Aaron B. Schrader

Health Promotion Coordinator
Office of Management and
Budget (OMB), Statewide Benefits

BEFORE - 235 lbs.



AFTER - 164 lbs.



"Like many individuals, I've had my share of challenges in life. When I was in 5th grade, I suffered an injury that left me confined to a wheelchair and out of school for over five months. I saw many specialists, attended multiple physical rehabilitation centers and hospitals (where I had lumbar spinal injections). The doctors told me I had permanent nerve damage and that I would probably never be able to walk, run or play sports again. As a ten year old boy who loved to play baseball and soccer, the news was devastating; however, I refused to believe it. With a lot of prayer, hard work and determination in rehabilitation, I proved them wrong and was able to regain full movement and sensation! When I turned 12, my father was diagnosed with lung cancer. Years of smoking cigarettes caught up with him. I was absolutely heartbroken as I watched my father go through months of radiation and chemotherapy. He lost a lot of weight and all of his hair. I cried when the doctor told our family that the cancer had spread throughout his body. Shortly after, he passed away at 52 years of age.

As I entered my high school years, I started to deal with my built-up stress by eating. The more I ate, the more I felt comforted. I became very sedentary. In 2001, I was up to weighing 235 lbs. and had a pant size of 44 inches. Simple things like climbing a flight of stairs and walking back and forth to my car were all out exhausting. My stomach was so big that I even had to sit out on some amusement park rides, because the retaining bars were too tight and I couldn't fit in the seats comfortably. On the outside though, I was the "Big Guy" and "Fat Boy" to my family and friends. I joked about my weight and how I couldn't be active. All along inside I didn't like myself, the way I looked or how I felt. I had high blood pressure, high cholesterol and was in the pre-diabetic range. I tried multiple "diets" which all ended in failure.

I finally made the decision that enough was enough! My health and future were in my hands and the only person that could change it was me. I attended college and received multiple degrees in exercise science and health promotion, as a way to help myself, my family and others who struggled with their health. I started walking just 5-10 minutes at a time, gradually increasing my activity level and made small changes in my eating habits. I started incorporating more fruits, vegetables and whole grains in my diet. I still enjoyed my favorite foods, but I focused on portion control. I started losing weight at a healthier rate (1-2 lbs.) per week. Over a period of about a year and a half, I was finally down to a healthy weight.

In the end, I lost 71 lbs. and went down to a size 30-inch pant. I've been at a healthy weight for over nine years now! My blood pressure, cholesterol, blood sugar and triglyceride levels are all within normal limits and I feel great! One of the greatest joys in my life is being the Health Promotion Coordinator for the DelaWELL Program. Seeing the health of state employees change for the better right before my very own eyes is so rewarding! All of the programs I encourage our employees to take part in, I love to do myself. The continuous positive results I see in my annual DelaWELL online wellness assessment and health screening reaffirm to me that the tears I have shed and the hard work I've had to endure to get to my current health status, has all been worth it. When I look at my wife and four year old daughter, I know that I am doing everything I can to live long and be around for them. They are my motivators! So, I want to encourage you (the reader) that no matter what you are going through in your life or health, the best days are ahead of you! Choose to let your past connect you to your future. The power of change and happiness is in your hands! And remember, DelaWELL is here to help! You CAN do it!"

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link.

Healthy Recipe

cream of tomato soup

This is just like the soup Mama used to serve on a rainy day. Oats can be used as a cream replacement in any pureed soup.

Takes 30-60 minutes

Makes 12 servings (3 quarts)

INGREDIENTS:

- 2 28-ounce cans of low-sodium chopped tomatoes, including juice
- 7 cups Vegetable Stock
- 1 cup rolled oats
- 1 cup carrots, peeled and diced
- 3/4 cup celery, diced
- 2 teaspoons Tabasco Sauce, optional
- 1 teaspoon Spike seasoning or 1 teaspoon each dried basil and oregano
- 3/4 teaspoon sea salt
- 1/2 teaspoon ground black pepper, optional
- 36 nonfat oyster crackers, optional, for garnish

PREPARATION:

1. Place all ingredients except oyster crackers in a large soup pot over medium high heat.
2. Bring to a boil and turn down to a simmer. Cook about 25 to 35 minutes, stirring occasionally, until the vegetables have softened. If the mixture begins to stick to the bottom, change pots to avoid burning the soup.
3. Remove from heat and allow to cool slightly.
4. Puree in a blender or food processor in several batches, then return to a clean pot. Warm over low heat until just simmering.
5. Ladle into bowls. Float 3 nonfat oyster crackers on top of each serving.

NUTRITIONAL INFO

PER SERVING

81 Calories
0.8g Fat
0.1g Saturated fat
3.0g Protein
17g Carbohydrate
4.0g Fiber
57mg Sodium

For more great healthy recipes, visit the
DelaWELL Health Portal at
<https://delawell.alerehealth.com>.



The Fitness Guru Says...



Question of the Month:

"How can I cut down on my holiday stress?"

Dear Employee,

The holidays can be a great time, offering an opportunity to get together with friends and family; however, they can also be stressful. Prepare yourself by thinking about the types of events that generate stress for you during the holidays. Once you do this, you can focus on one or two things you can do that will help the most to decrease stress.

Here are some ideas:

- **Learn to say no.** It's okay to say "no" to events that aren't important to you, as this will give you more time to say "yes" to events that you do want to attend.
- **Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you have planned for.
- **Share the tasks.** You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts and preparing the holiday meal.
- **Get organized.** Make lists or use an appointment book to keep track of tasks to do and events to attend.
- **Keep a regular sleep, meal and exercise schedule. Limit your alcohol.** Taking care of yourself will help you better deal with stressful situations during the holidays.
- **Be realistic.** Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. Remember, just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.
- **Take breaks from group activities.** Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate or do some relaxation breathing.

Best of Health and Happy Holidays!

F.G. (a.k.a. Fitness Guru)

Ready To Quit Smoking For A Healthier New Year?

The DelaWELL Health Management Program is offering a free 4-week program for employees called "Beat the Pack" that is geared for smokers who are interested in quitting smoking. Each week, participants are asked to attend one group meeting, for a total of four sessions in a given month:

- Week 1: Program Launch/ Reasons to Quit
- Week 2: Coping With the Urge to Smoke
- Week 3: Long-Term Benefits of Quitting Cigarette Smoking
- Week 4: Staying Quit



To register for the 4-week "Beat the Pack" program, please visit www.delawell.delaware.gov and click on the "DelaWELL University Onsite Health Seminars" link.



EyeMed Vision Care Website Goes Mobile Offering Convenient Member Accessibility

EyeMed is known throughout the managed vision care industry for making vision care accessible with a robust network of eye care professionals, both independent and retail, many of whom offer evening and weekend hours. Independent studies have shown that many consumers prefer to utilize their vision benefits on evening and weekends.

With the enhanced mobile website, EyeMed now gives members access to vision care benefit self-service tools that are available anytime and anywhere using their mobile device.

Members can access the site by visiting www.eyemedvisioncare.com using their iPhone, Android™, Blackberry® or similar mobile device, whether at work, at home or on the road.

Key features of the mobile website include giving members the ability to:

- View your benefits, including vision exam copays, eyewear allowances, eligibility, the last date of service, and the next date you can use your exam and glasses or contact lens benefits
- Locate providers near your current location, a street address or zip code with access to point-to-point directions via Google Maps™ mapping service
- View your identification card
- Access "Help" tools such as frequently asked questions and contact information for further assistance

Members can easily access the enhanced mobile website www.eyemedvisioncare.com by simply entering the web address into the Internet browser on their smart phone. The website will automatically take you to the mobile-optimized site.

For questions please contact the Customer Care Center at 1-855-259-0490
To learn more about your vision benefits, please visit www.eyemedvisioncare.com
And click the **Members** tab.